

## RISK MANAGEMENT

We have provided a list of the most significant safety standards (found in your Leader Manual) applicable for each day of the trip. The list is not exhaustive, and you should always be mindful of all standards and policies that may be relevant as part of your continual dynamic risk assessment. Additional specific risk information is provided for any given day as appropriate.

Some activities in your itinerary are optional and will be highlighted as such. These activities are subject to availability and, unless otherwise informed, at your own expense. You must book these through the Ground Team during your orientation briefing at the start of the trip. We only recommend activity providers we have thoroughly assessed; however, optional activities are not run by World Challenge and the decision to participate is at your own discretion. The provider who is responsible for delivering all aspects of the optional activity is detailed in the itinerary.

## DAY 1 – 03 JUL 24 – ARRIVAL

Arrive in Kuching.

From Transit to Kuching

## LOGISTICS

Please refer to the e-ticket for details regarding flight routings and times.

Upon arrival in Kuching pass immigration and collect your baggage. Meet your pre-booked transfer in the arrivals hall and travel to your accommodation. A member of the Ground Team will meet you today (time allowing) or tomorrow to conduct an orientation briefing. You may arrange this during your airport pick up, or call them using the number on your Key Contacts page to confirm.

Today or tomorrow you will need to purchase a SIM card for your team phone (we recommend Celcom) and send Ops and your Ground Team a message with your in-country number. You'll also need to exchange your team budget, familiarise yourselves with the plans for the next few days, and carry out any other tasks that you need to complete. Be sure to book up any optional R&R activities during your orientation briefing to secure availability.

**Please Note:** You will be accompanied by a local guide on all coach journeys during your time in Borneo. This is a requirement under local law. In some instances this will mean that the same local guide will be with your team for multiple days during your trip. Please treat them as a member of the team, and take any opportunities you can to learn about them and their culture.

### FOOD

Lunch & Dinner: Airport, local restaurant, or takeaway

### TRANSPORT

Private transfer from Kuching International Airport to Kuching  
Approximate Journey Time: 20 minutes

### ACCOMMODATION

Hostel  
Kuching

## RISK MANAGEMENT

You must conduct dynamic risk assessments at all times throughout your trip.

The following safety standards (found in your leader manual) are applicable today:

# ITINERARY

Air Travel

Road Travel

Accommodation

Personal Security

Health & Wellbeing

Check your Destination Risk Assessment throughout your trip.

## DAY 2 – 04 JUL 24 – ORIENTATION IN KUCHING

Get oriented in Kuching.

From Kuching to Kuching

### LOGISTICS

Today is a free day, you have time to carry out any admin tasks that you didn't get done yesterday, and prepare for your trek.

You will need to purchase supplies for your meals in Bako National Park in advance, please look ahead in your itinerary to see which meals you will need to cater for.

If time allows, explore the city, some must-see sights include the Waterfront, Kuching Bazaar, and the Borneo Cultures Museum.

#### FOOD

Breakfast, Lunch & Dinner: Local restaurant or takeaway

#### TRANSPORT

No transport included today.

#### ACCOMMODATION

Hostel  
Kuching

### RISK MANAGEMENT

Safety standards applicable today:

Personal Security

Health & Wellbeing

## DAY 3 – 05 JUL 24 – BAKO NATIONAL PARK TREK DAY 1

Travel to the trek start point at Bako National Park HQ in the morning and begin trekking.

From Kuching to Bako National Park

### LOGISTICS

Before you get to Bako National Park you will need to register your team with Sarawak Forestry for your visit, please do so by clicking this link or copying it into a browser: <https://selfregister.sarawakforestry.com/> Your self-registration can be done at any point before you get to the national park and you can register the whole team on one form. If you have any difficulty with this process please speak to your Ground Team.

**This is a self guided trek led by the World Challenge leader. There is not a trekking provider or guides.**

#### Equipment:

The team will carry daypacks on this trek. Excess luggage should be stored at your accommodation.

#### Food:

During your time at Bako National Park, the team will source their own meals. There are no cooking facilities available in the national park, so you should purchase food for breakfasts and lunches that does not need to be cooked. You will need to bring your own plate/bowl/cup and cutlery to use during the trek. There is a cafe in the national park where you can go for your dinners, if you intend to take dinner at the park cafe then you must call ahead to make arrangements as the national park gets very busy and the cafe can often run out of food.

You will need to take food supplies for 2 days with you. Be sure to check your teams' dietary requirements and make a meal plan so that you remember to pick up everything you need.

#### Please Note:

There are limited water sources on the trails so it is recommended to collect all your water from the accommodation before heading off on trek. Carry a minimum of 3L for each day. All water needs to be treated.

#### Telok Panden Kecil Trail Description:

Follow the Lingtang Trail north-east until it branches off for Telok Panden Kecil to the left. The trail finishes on the beach, where you can take a break for lunch before retracing your steps to return to your accommodation.

#### Additional cash budget:

Park entry fees (20 MYR per person)

#### Accommodation & Facilities:

You will be camping during the trek in Bako National Park.

The campsite has shared shower and toilet facilities. There are 3 showers with cold running water.

## FOOD

Breakfast & Lunch: Packed meal (team to prepare in advance)  
Dinner: Park Café or packed meal (team to prepare in advance)

## TRANSPORT

Private transfer from Kuching to Bako jetty  
Approximate Journey Time: 45 minutes

Boat from Bako jetty to Bako National Park HQ  
Approximate Journey Time: 30 minutes

## ACCOMMODATION

Camping  
Bako National Park

## TREKKING

Duration: 4 hours  
Distance: 7km

## RISK MANAGEMENT

Safety standards applicable today  
Road Travel  
Boat Travel  
Personal Security  
Accommodation

### BAKO NATIONAL PARK TREK RISK ASSESSMENT

Safety standards applicable to this trek  
Trekking  
Health & Wellbeing  
Food Hygiene

### Medical Emergency

Likely evacuation destination: Kuching  
Part of the evacuation is likely to involve walking/carrying  
Evacuation would likely be by retracing steps/continuing along the planned route  
Part of the evacuation is likely to involve transfer by vehicle  
Part of the evacuation is likely to involve transfer by boat  
Air evacuation may be an option

### Dangerous wildlife - crocodiles and monkeys

Read and implement controls for animals in Health and Wellbeing standards  
Brief the team accordingly  
Abide by national park rules and restrictions  
There are Macaque monkeys around the park accommodation. They can be very confident and will steal food out if you leave windows open

## **Security in the dorms**

Ensure that the windows of the dorms are well secured, at all times, to stop animals being able to get into the rooms

See above and brief the team

## **Leeches, Ticks & Biting Insects**

Refer to Health & Wellbeing safety standards provided in the Leader Manual

## **Swimming**

Swimming is only permitted where the school leader is appropriately qualified to supervise recreational swimming activities and has been given authorisation to take responsibility for student safety by their school. In addition school leaders must read and implement the measures detailed in the Water Safety section of the World Challenge Leader Manual

## **Boardwalks**

Some of the trails in the park can be made up of board walks

Dynamically risk assess these and consider walking them one at a time

## DAY 4 – 06 JUL 24 – BAKO NATIONAL PARK TREK DAY 2

Complete a day trek in Bako National Park.

From Bako National Park to Bako National Park

### LOGISTICS

#### Lingtang Trail Description:

The Lingtang Trail is a circular route starting from your accommodation. Feeling energetic? You might like to add in an optional detour up Bakit Tambi for some good views, the option presents itself on the left hand side roughly 400m after the turn off for the Telok Panden Kecil trail.

#### Accommodation & Facilities:

As per day 1 of the trek

#### FOOD

Breakfast & Lunch: Packed meal (team to prepare in advance)

Dinner: Park Cafe or packed meal (team to prepare in advance)

#### TRANSPORT

No transport included today.

#### ACCOMMODATION

Camping

Bako National Park

#### TREKKING

Duration: 4-5 hours

Distance: 7km

### RISK MANAGEMENT

As per day 1 of the trek

## DAY 5 – 07 JUL 24 – SEMENGGOH ORANGUTAN SANCTUARY

Day trip to Semenggoh Orangutan Sanctuary.

From Bako National Park to Kuching

### LOGISTICS

Today's activity has been pre-booked with your Ground Team, please confirm timings directly with them. This is a full day activity. Transfers are included and you will be collected from Bako National Park this morning and transferred to Kuching after your visit.

#### Please Note:

Before you get to Semenggoh Orangutan Sanctuary you will need to register your team with Sarawak Forestry for your visit, please do so by clicking this link or copying it into a browser:

<https://selfregister.sarawakforestry.com/>

You will be required to select a time slot for your visit, please consult with your Ground Team before doing so. Your self-registration can be done at any point before you get to the sanctuary and you can register the whole team on one form. If you have any difficulty with this process please speak to your Ground Team.

#### FOOD

Breakfast: Packed meal (team to prepare in advance)

Lunch & Dinner: Local restaurant or takeaway

#### TRANSPORT

Boat from Bako National Park to Bako jetty

Approximate Journey Time: 30 minutes

Private transfer from Bako jetty to Semenggoh

Approximate Journey Time: 1 hour

Private transfer from Semenggoh to Kuching

Approximate Journey Time: 45 minutes

#### ACCOMMODATION

Hostel

Kuching

### RISK MANAGEMENT

Safety standards applicable today:

Road Travel

Boat Travel

Health & Wellbeing

Personal Security

Food Hygiene

#### SEMENGGOH RISK ASSESSMENT

Read this information in advance and ensure the controls are followed.

Safety standards applicable to this activity

Animal Welfare



## Medical Emergency

Likely evacuation destination: Kuching

Part of the evacuation is likely to involve transfer by vehicle

## Macaque Monkeys

Brief team members on behaviour around macaque monkeys; do not feed or provoke macaques, especially males

Keep windows and doors closed in accommodation and keep all personal belongings safe (some of the monkeys like to steal food and belongings)

In the event of a bite or scratch from a monkey seek medical advice

## Orangutans

The following rules and regulations (as set out by Semmengoh) must be obeyed during your visit:

- You must ensure the warden's instructions and advice are followed at all times
- Do not hold, feed, touch, play with or in any way disturb the orangutans
- Be at least six metres away from an animal that is on the ground
- No food or drinks are permitted in the centre
- No smoking is permitted in the forest reserve
- Do not collect, or pick plants or animals in the Semenggoh Nature Reserve

**The Orangutans are not afraid to get in close proximity to humans; so please be wary.**

## DAY 6 – 08 JUL 24 – COMMUNITY INITIATIVE – LOBANG BATU

Travel to the community initiative in the morning and settle in.

From Kuching to Lobang Batu

### LOGISTICS

Your transfer will collect you from your accommodation this morning.

This initiative contributes to SDG8 Decent Work and Economic Growth. The organisation's key focus is to assist the community in enhancing eco-tourism within the local area. The village is well known for its caves, but they have been overexploited due to years of unsustainable economic activity. Their aim is to focus on the maintenance of existing trail infrastructure and improving conditions of their caves so that caving can become a fun and safe activity for tourists. Over the next few days, you will be assisting with constructing a bamboo bridge, improving existing wooden steps and signages and rope work.

#### Please Note:

You will be walking every morning and afternoon with occasional climbing to get to and from the caves, where the initiative takes place. From the village, it will take 1 hour to the foothill of Mount Silabur and from there you will walk halfway up the mountain, which will take approximately 30 minutes.

Today's activities may include an orientation and introduction to the initiatives and community. Meet your host family and settle in as you have a busy couple of days ahead of you. Please note that the daily activity schedule may be adjusted if local events or weather conditions dictate.

#### Food:

The initiative is catered. You will be expected to assist with food preparation and clean-up. Snacks are not provided, if you wish to purchase these, we recommend doing so before you travel to the initiative.

#### Accommodation & Facilities:

You will be staying in a homestay during the initiative. The team will be staying in multiple homestays. Adults will be sharing a homestay with students, but will have their own room within the home due to the limited number of homestays available in this location. Student homestays will be within 150 meters of an adult, and there will be a minimum of four students per house. You will be sleeping on mattresses on the floor, bedding is provided but you are required to bring your own mosquito nets.

The homestay has shared shower and toilet facilities. Depending on which home you are staying in you will be using either squat or western style toilets. There is at least one washroom with a bucket provided for showering with cold water in each homestay. The homestay has charging facilities available on request.

#### FOOD

Breakfast: Local restaurant or takeaway  
Lunch & Dinner: Provided at initiative

#### TRANSPORT

Private transfer from Kuching to Lobang Batu  
Approximate Journey Time: 1 hour 30 minutes

#### ACCOMMODATION

Homestay  
Lobang Batu

### RISK MANAGEMENT

# ITINERARY

Safety standards applicable today:

Road Travel

Personal Security

Accommodation

Community Initiatives

Trekking

## DAY 7 – 09 JUL 24 – COMMUNITY INITIATIVE – LOBANG BATU

Full day at the community initiative.

From Lobang Batu to Lobang Batu

### LOGISTICS

Today's activities include walking to and from the caves and starting trail maintenance and improving some of the basic infrastructure. In the evening, you will collect some wild fern and be able to assist with the cooking. Please note that the daily activity schedule may be adjusted if local events or weather conditions dictate.

#### Guides

Your guides are provided by the initiative. The minimum ratio you can expect is 1 guide to 8 participants.

#### Equipment

The team will carry day packs. Excess luggage should be stored at your accommodation.

#### Walk to Caves Description

At the initiative centre the host will brief the team on the activity for the day and the walk to the caves. The walk starts following a tarmac road through local villages before turning onto a dirt track through farms and fields. On the route you will cross a few streams on plank bridges and over swampy areas on board walks. After about 2.5km, the team will reach a steep rocky footpath which leads up to the caves. After completing a day's work on the trail you will return via the same route back to your accommodation.

#### Accommodation & Facilities:

As per day 1 of the initiative

#### FOOD

Breakfast, Lunch & Dinner: Provided at initiative

#### TRANSPORT

No transport included today.

#### ACCOMMODATION

Homestay  
Lobang Batu

#### TREKKING

Duration: 2 hours  
Distance: 3km

### RISK MANAGEMENT

#### COMMUNITY INITIATIVE RISK ASSESSMENT

Read this information in advance and discuss approach with the guides to ensure the controls are followed.

Safety standards applicable to this initiative:

- Community initiatives
- Trekking
- Health & Wellbeing

## **Medical Emergency**

Likely evacuation destination: Kuching

Part/all of the evacuation is likely to involve walking/carrying

Evacuation would likely be by retracing steps/continuing along the planned route

Part/all of the evacuation is likely to involve transfer by vehicle

## **Steep Ascent to Caves**

Ensure that the team take their time on the ascent and spread out

Place yourself in position of maximum usefulness

## DAY 8 – 10 JUL 24 – COMMUNITY INITIATIVE – LOBANG BATU

Full day at the community initiative.

From Lobang Batu to Lobang Batu

### LOGISTICS

Continue with yesterday's activities. Please note that the daily activity schedule may be adjusted if local events or weather conditions dictate.

#### Accommodation & Facilities:

As per day 1 of the initiative

#### FOOD

Breakfast, Lunch & Dinner: Provided at initiative

#### TRANSPORT

No transport included today.

#### ACCOMMODATION

Homestay  
Lobang Batu

### RISK MANAGEMENT

As per days 1 and 2 of the initiative

## DAY 9 – 11 JUL 24 – COMMUNITY INITIATIVE – LOBANG BATU

Full day at the community initiative.

From Initiative to Initiative

### LOGISTICS

Continue with yesterday's activities. Please note that the daily activity schedule may be adjusted if local events or weather conditions dictate.

#### Accommodation & Facilities:

As per day 1 of the initiative

#### FOOD

Breakfast, Lunch & Dinner: Provided at initiative

#### TRANSPORT

No transport included today.

#### ACCOMMODATION

Homestay  
Lobang Batu

### RISK MANAGEMENT

As per days 1 and 2 of the initiative

## DAY 10 – 12 JUL 24 – COMMUNITY INITIATIVE – LOBANG BATU

Final day at the community initiative and travel to Kuching.

From Lobang Batu to Kuching

### LOGISTICS

Continue with yesterday's activities. Share some stories with the community and say thank you to your hosts. Please note that the daily activity schedule may be adjusted if local events or weather conditions dictate.

#### FOOD

Breakfast & Lunch: Provided at initiative  
Dinner: Local restaurant or takeaway

#### TRANSPORT

Private transfer from Lobang Batu to Kuching  
Approximate Journey Time: 1 hour 30 minutes

#### ACCOMMODATION

Hostel  
Kuching

### RISK MANAGEMENT

As per days 1 and 2 of the initiative



## DAY 11 – 13 JUL 24 – ACTIVITIES IN KUCHING

Choice of optional activities: cycling or kayaking, or free time to explore Kuching.

From Kuching to Kuching

### LOGISTICS

Today is a free day for you to complete an optional activity (see below, to be booked in advance with the Ground Team), or have free time to explore Kuching.

#### Cycling & Cave Visit

Provided by Para Desa (One Wayang Tours Sdn Bhd). This is a half day activity which takes place in the morning or afternoon. The cycling journey is 9km long on a gravel and dirt tracks. The activity includes a 1-2 hour walk through Wind & Fairy Caves.

#### Kayaking

Provided by Para Desa (One Wayang Tours Sdn Bhd). This is a half day activity which takes place in the morning or afternoon. The activity takes place on the Sarawak River and there are two options, either 7.5km or 11km.

#### Free time in Kuching

There are no planned activities. The team should research and organise the sightseeing they wish to do. We recommend the following options:

- Option 1: Take the 'A Taste of Sarawak' food walking tour offered by Para Desa (One Wayang Tours Sdn Bhd). This should be booked in advance through your Ground Team. This is a half day activity and takes place in the morning or afternoon.
- Option 2: Take a cooking class and walking tour offered by Para Desa (One Wayang Tours Sdn Bhd). This should be booked in advance through your Ground Team. This is a half day activity and takes place in the morning or afternoon.
- Option 3: Visit the Borneo Cultures Museum.
- Option 4: Visit the Main Bazaar (adjacent to the Waterfront), the oldest street in the city and the heart of old Kuching.
- Option 5: Visit museums such as the Ethnology Museum or the Sarawak Textile Museum.
- Option 6: Visit cultural sights such as Medan Niaga Satok (Kuching's liveliest market), the Orchid Garden or Fort Margherita.

## FOOD

Breakfast, Lunch & Dinner:  
Local restaurant or  
takeaway

## TRANSPORT

### Cycling & Cave Visit

Make your own way to Para Desa's office in central Kuching. Transfers to/from the activity are part of the package

Private transfer from Kuching to activity start point & return

Approximate Journey Time: 45 minutes each way

### Kayaking

Make your own way to Para Desa's office in central Kuching. Transfers to/from the activity are part of the package

Private transfer from Kuching to activity start point & return

Approximate Journey Time: 1 hour each way

### Kuching

No transport is included.

## ACCOMMODATION

Hostel

Kuching

## RISK MANAGEMENT

Safety standards applicable today:

Road Travel

Personal Security

Health & Wellbeing

### CYCLING & CAVE RISK ASSESSMENT

Read this information in advance and discuss approach with the guides to ensure the controls are followed.

Safety standards applicable to this activity:

Cycling

### Medical Emergency

Likely evacuation destination: Kuching

Part/all the evacuation will involve vehicle

Part/all the evacuation will involve boat travel

### Loose Surfaces/ Off Road Sections

Avoid harsh braking, and sudden steering inputs

Adjust speed accordingly

Dismount if required

### Heat Exhaustion/Physical Exertion

Dynamically assess how team members are coping and alter the activity accordingly

This activity has a support vehicle which can be used to transport team members if necessary

## **Mining Tunnels**

Teams are only permitted to enter the mouth the tunnels but must not continue into the them

## **Steep Gravel Section**

This is 200 - 300m after the mining tunnels

Do not ride this section up or down

It will take 10 minutes on foot pushing bikes

## **Old 'Rickety' Bridge Connecting Dirt Path with Road**

Dismount and push bikes across the bridge

## **Caves**

Low ceiling - brief team to proceed with caution

Wear appropriate footwear

Advise team to bring headtorches with them

Entrance stairs are very steep

Give each other ample room when walking up/down stairs

It is advisable to walk down the steeper stairs backwards whilst holding on to the hand rail

## **KAYAKING SARAWAK RIVER RISK ASSESSMENT**

Read this information in advance and discuss approach with the guides to ensure the controls are followed.

Safety standards applicable to this activity:

Paddlesports

## **Medical Emergency**

Likely evacuation destination: Kuching

Part/all the evacuation will involve vehicle

Part/all the evacuation will involve boat travel

## **Exhaustion**

The river flow is slower in July and August, making paddling harder

Consider shortening the route from 11km to 7.4km by starting at the half way point - consult with the provider's guides

## **Dehydration/ Sunstroke**

Read and implement the Managing groups in hot climates section of the Health & Wellbeing standards provided in the Leader Manual

## **Bathing**

Read and implement the Water Margins Safety Standards provided in the Leader Manual

Seek local advice about safe places to bath

## **KUCHING RISK ASSESSMENT**

### **Dehydration**

Read and implement the Managing groups in hot climates section of the Health & Wellbeing standards provided in the Leader Manual

## **A TASTE OF SARAWAK RISK ASSESSMENT**

Safety standards applicable to this activity

Food Hygiene

### **Allergic Reactions**

Ensure you are aware of team member allergies  
Inform the local guide before starting the tour

### **COOKING CLASS RISK ASSESSMENT**

Safety standards applicable to this activity  
Cooking on Stoves  
Food Hygiene

### **Allergic Reactions**

Ensure you are aware of team member allergies  
Inform the local guide before starting the cookery workshop

### **Cuts**

Refer to Using Knives as part of Food Hygiene in the Leader Manual  
Ensure the team are using cookery equipment appropriately

## DAY 12 – 14 JUL 24 – EXPLORE KUCHING

Free day for sightseeing in Kuching.

From Kuching to Kuching

### LOGISTICS

There are no planned activities today. The team should continue sightseeing, please see recommendations in yesterday's logistical notes.

#### FOOD

Breakfast, Lunch & Dinner: Local restaurant or takeaway

#### TRANSPORT

No transport included today.

#### ACCOMMODATION

Hostel  
Kuching

### RISK MANAGEMENT

As per day 11 of the itinerary

## DAY 13 – 15 JUL 24 – EXPLORE KUCHING

Free day for sightseeing in Kuching.

From Kuching to Kuching

### LOGISTICS

There are no planned activities today. The team should continue sightseeing, please see recommendations in day 11's logistical notes.

#### FOOD

Breakfast, Lunch & Dinner: Local restaurant or takeaway

#### TRANSPORT

No transport included today.

#### ACCOMMODATION

Hostel  
Kuching

### RISK MANAGEMENT

As per day 11 of the itinerary

## DAY 14 - 16 JUL 24 - DEPARTURE

Today you depart home.

From Kuching to Transit

### LOGISTICS

Your airport transfer will collect you from your accommodation prior to your flight, please confirm details with your Ground Team.

#### FOOD

Breakfast & Lunch: Airport, local restaurant, or takeaway

#### TRANSPORT

Private transfer from Kuching to Kuching International Airport  
Approximate Journey Time: 20 minutes

### RISK MANAGEMENT

Safety standards applicable today:

Air Travel

Road Travel

Personal Security

Health & Wellbeing